

Pork Stir Fry

Pork stir fry can be made in dozens of ways, and can be a great way to use up left over bits of vegetables. It can be made with, or without, rice. Perfect meats include: rib meat, dried out chops, organ meat, and sausage. The flavors and mixtures make for a quick meal on warm summer's evening. A light coating of vegetable oil may be needed. Pork stir fry can be cooked on the grill, if needed, especially after a power outage. Add a dash or two of vegetable oil to a grill packet with the diced meat and vegetables.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Broccoli

Mushrooms

Pepper

Pork

Potatoes

Sausage

Spices

Meatless Preparation Avoid:

Butter

Pork

Sausage

Substitute with: _____

Utensils:

Chopping board
Fork
Pot holders
Steak knife
Wooden spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

Chops
Rib meat
Sausage
Tenderloin

Vegetables:

15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of peas

Other ingredients:

2 tablespoons of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop:
15 ounces of broccoli
15 ounces of carrots
2. Chop 2 cups of one of the following:
Chops
Rib meat
Sausage
Tenderloin
3. Add a teaspoon of cooking oil to pan.
4. Add to pan:
15 ounces of broccoli
15 ounces of carrots

- 15 ounces of corn
- 15 ounces of peas
- Dash of salt
- Spices, such as pepper, to taste.
- 5. Cook on medium heat until it reaches a light boil.
- 6. Lower heat and simmer.
- 7. Stir frequently until done.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

- Counter safe: 30 minutes to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).
- 2. Heat until food is fully hot and reaches a safe temperature.
- 3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.
- 2. Add enough water to almost cover food.
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.
- 2. Add a little water.
- 3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.